



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01038, Cheese, romano

Report Date: June 22, 2017 10:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	30.91	--	0.410	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	387	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1618	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	31.80	--	1.404	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	26.94	--	0.969	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	6.72	--	0.670	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	3.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.73	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
<strong>Minerals</strong>													
Calcium, Ca	mg	1064	--	64.972	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	86	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	1433	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	2.58	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Riboflavin	mg	0.370	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.077	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.424	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.085	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	7	--	1.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	1.000	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	96	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	69	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	415	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	20	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	17.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
4:0	g	1.355	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.508	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.271	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.671	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.911	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
14:0	g	3.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:0	g	7.265	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:0	g	2.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total monounsaturated	g	7.838	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:1 undifferentiated	g	0.411	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:1 undifferentiated	g	6.942	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total polyunsaturated	g	0.593	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:2 undifferentiated	g	0.284	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:3 undifferentiated	g	0.310	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.429	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	1.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	1.685	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	3.071	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	2.941	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.852	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.209	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.710	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	1.775	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	2.183	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	1.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	1.231	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.932	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.989	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	7.302	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.553	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	3.718	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.840	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002